

PATHFINDERS FACILITATOR'S ROLE

What is Pathfinders?

It is a wellbeing programme developed by Skylight for wāhine/young women ages 13 to 16 and founded by the MYD (Ministry of Youth Development). Pathfinders has been designed with minimal intervention and the option to opt-out. The programme includes a combination of psychoeducation introduction (learning), kōrero (discussion and reflections) and artwork.

Purpose of the Programme

The goal of Pathfinders is to support young women's wellbeing and increase their resilience, empowering them to lead their life with courage, strength, and confidence, and setting the foundation for a brilliant future of opportunities.

How do we do this?

Our programme aims to do this by following these principles:

- We are all in this together: Fostering a sense of belonging and connection to a community.
- They've got everything they need: Using mana-enhancing practices to reconnect with their own mana and existing internal strength.
- Celebrating who they are: Strengthening their sense of self and identity, impacting positive self-esteem.
- Sharing relevant and appropriate information: Providing them with psychoeducation around their own emotional, physical, and psychological development.
- Supporting their safety: Supporting them in identifying their own sense of safety and healthy boundaries.
- Where we come from will help us know where we are going: Fostering connections to people, land, and culture, supporting them in finding their turangawaewae/place to stand.

Pathfinders Facilitator Role Description

Pathfinders will be run by two facilitators who will share the following responsibilities:

Training and Observation:

- Participate in observing a Pathfinders programme session to understand the flow and dynamics.
- Attend and engage in a training session to be fully prepared for facilitating the programme.

Session Preparation and Management:

- Ensure all necessary resources are available and organised for each session.
- Set up the room before each session and pack up afterwards.
- Coordinate and agree on the delivery of the programme's content, sharing the modules and activities equally.

Programme Delivery:

- Guide conversations in a safe and positive environment.
- Deliver the three modules: Whakapapa, Whānau, and Me-Identity, ensuring each session runs smoothly and effectively.
- Present participants with opportunities to explore aspects of their identity in a safe, welcoming, and positive environment.

- Ensure all participants have an inclusive and engaging experience, understanding their diverse needs.
- Integrate the psychoeducational component with relevant art forms such as weaving, modelling/sculpting, and collage.
- Facilitate the sharing of kai (food), start and close each session with a Karakia.

Participant Engagement:

- Ensure all participants complete the Meet and Greet (M&G) questionnaire and the post-programme feedback survey.

Session Debrief:

- Conduct a debrief at the end of each session to review the day's activities, discuss what went well, and identify areas for improvement.

By collaborating closely, facilitators will create a supportive and engaging environment for all participants, fostering learning and personal growth.